

FRIENDLY FOCUS



With the Christmas holiday season just around the corner, many of us are beginning to make gift lists. But, what do you give someone who seems to have everything?

Believe it or not, simple, thoughtful gestures can be more precious than an expensive gift. For shut-ins, regular phone calls, emails or even an old-fashioned, gossipy letter can bring a gleam to someone's eyes. A gift certificate providing snow shoveling services; a once a week café visit; a prepaid phone card or simply an afternoon get-together for coffee or tea are very welcome.

Seniors, especially those living on their own, often forgo the pleasure of holiday baking as it's too much trouble for just one person. Sharing some home baked goodies can put some "festive" into holidays that are sometimes painful reminders of loved ones lost.

If you are helping with decorations, ensure that you also offer to help to take them down when the season is over.

In winter weather even simple, everyday things like shopping can pose a challenge for someone who is using a walker or a cane. Take the time to

include a loved one on a Christmas shopping trip or offer to pick up groceries or medications when sidewalks and roads are treacherous.

Make time to look at photo albums and share family stories. With today's computer technology, the entire family history, photos and all can become a fascinating and permanent record for everyone in the family.

Wishing everyone a very merry Christmas and a happy, healthy New Year!

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Executive Director's Report

Like all other health care providers in the province, *The Friends'* organization is working hard to deliver the best possible care in the most efficient and cost effective way we can. We continue to work with our funders to ensure that we contribute to solutions and not to problems.

Collaboration and working with our community partners has become a key element in effectiveness and we continue to look for ways that care can be better coordinated so that our communities can access the care they need when they need it.

The long process of getting the Gravenhurst Building project underway hit a milestone when we received our building permit in early November which which paves the way for construction to get underway. RFPs are being prepared and an announcement with respect to the successful bidder will be in the news sometime in December. Stay tuned!

The Friends' will be receiving funding in the New Year for the P.A.T.H. program. This program is similar to one offered in Muskoka and provides support to patients leaving the hospital by arranging transportation, picking up meds and groceries where necessary and helping the patient "settle in" safely at home. The agency is working closely with Red Cross

and the North East Local Health Integration Network to develop a strong, standardized model of service for the north.

There are also new service models on the horizon for Parry Sound which will be announced some time later in December. I look forward to sharing that information with you!

Although we no longer hold a staff meeting in the winter due to uncertain driving conditions, mini-Christmas get-togethers will be held. I will be attending as many as I can manage to personally thank staff for their dedication and support throughout the year.

Wishing everyone a very merry Christmas and a happy, healthy New Year!



A Modern Christmas Poem

'Twas the night before Christmas and Santa's a wreck...

How to live in a world that's politically correct?
His workers no longer would answer to "Elves".
"Vertically Challenged" they were calling themselves.

And labor conditions at the North Pole
were alleged by the union to stifle the soul.

Four reindeer had vanished, without much propriety,
Released to the wilds by the Humane Society.
And equal employment had made it quite clear
That Santa had better not use just reindeer.
So Dancer and Donner, Comet and Cupid
Were replaced with 4 pigs, and you know that
looked stupid!

The runners had been removed from his sleigh;
The ruts were termed dangerous by the E.P.A.
And people had started to call for the cops
When they heard sled noises on their rooftops.
Second-hand smoke from his pipe had his
workers quite frightened.
His fur trimmed red suit was called
"Unenlightened."

And to show you the strangeness of life's ebbs
and flows,
Rudolf was suing over unauthorized use of his
nose
And had gone on Geraldo, in front of the nation,
Demanding millions in over-due compensation.
So, half of the reindeer were gone; and his wife,
Who suddenly said she'd enough of this life,

Joined a self-help group, packed, and left in a
whiz,
Demanding from now on her title was Ms.
And as for the gifts, why, he'd never had a notion
That making a choice could cause so much
commotion.
Nothing of leather, nothing of fur,
Which meant nothing for him. And nothing for
her.

Nothing that might be construed to pollute.
Nothing to aim, Nothing to shoot.
Nothing that clamored or made lots of noise.
Nothing for just girls, or just for the boys.
Nothing that claimed to be gender specific.
Nothing that's warlike or non-pacifistic.

No candy or sweets...they were bad for the
tooth.

Nothing that seemed to embellish a truth.
And fairy tales, while not yet forbidden,
Were like Ken and Barbie, better off hidden.
For they raised the hackles of those
psychological
Who claimed the only good gift was one
ecological.

No baseball, no football...someone could get
hurt;
Besides, playing sports exposed kids to dirt.
Dolls were said to be sexist, and should be
passé;
And Nintendo would rot your entire brain away.
So Santa just stood there, disheveled, perplexed;
He just could not figure out what to do next.

He tried to be merry, tried to be gay,
But you've got to be careful with that word
today.
His sack was quite empty, limp to the ground;
Nothing fully acceptable was to be found.
Something special was needed, a gift that he
might
Give to all without angering the left or the right.

A gift that would satisfy, with no indecision,
Each group of people, every religion;
Every ethnicity, every hue,
Everyone, everywhere...even you.

So here is that gift, it's price beyond worth...
May you and your loved ones, enjoy peace on
Earth.

Round and About Parry Sound and Muskoka

Huntsville

December 15th, 2012 1:30 pm

Christmas Tea

St. Andrew's Presbyterian Church

December 6th – December 9th, 2012

12:00 pm

Christmas Art Show & Sale

River Mill Park

Parry Sound

December 2nd, 2012 4:00 pm

CP Holiday Train

Station Gallery

December 8th, 2012 1:00 pm - 7:00 pm

Artists Round the Round Open House

54 James Street

Gravenhurst

Saturday December 1st, 2012 11:00am

Gravenhurst Santa Claus Parade

Main Street

Saturday December 8th, 2012 10:00 am

Farmers Market Christmas Show

Gravenhurst Legion

Tuesday December 4th, 2012 7:00pm

Family Movie Night

Terry Fox Auditorium

"Mr. Poppers Penguins"

December 13th, 2012

Car Seat Clinic

Gravenhurst Fire Hall

Bracebridge

December 2nd, 2012 1:00 pm

Bracebridge Santa Claus Parade

Downtown

Port Loring

First Tuesday of every month

Congregate Dining

Royal Canadian Legion Branch 415

December 22nd & 23rd, 2012

11:00 am – 4:00 pm

SantaFest

Santa's Village



Cooking for One

The most popular pastime during the holiday season is socializing and along with that goes eating. But the reality is that some people, especially seniors will be eating by themselves. Few people like eating alone but it can have its advantages. You can take as long as you like, you cook what you like and there are never any arguments at the table. Here are some ways to make meals more fun if you are eating alone.

- Select a favorite piece of music to play while you eat. Music can also make the preparation time fly.
- Schedule your meals around a favorite television show, or radio program and let the performers keep you company. Or read a good book or magazine while you eat.
- Make your main meal (whether at noon or evening) an occasion. Dress up for it now and again, put flowers on the table and use your best linen or china. After all, who deserves it more than you?
- Eat by a window with a view and let the passing scene be your company.
- To tempt your appetite at breakfast, prepare a tray the night before – refrigerate a dish of fruit and set out an individual serving of cereal and a beverage ready to be heated up.
- Whenever possible, eat with a friend or relative. It need not be complicated. Suggest the friend prepare one dish and you, the other so that you actually cut down on the work involved. A group of you could start an informal potluck supper club which meets regularly.
- A little planning can make good food habits easy. Drawing up meal plans will make shopping easier, improve the quality of your meals and eliminate food wastage and leftovers.
- Referring to Canada's Food Guide, draw up a menu of what you would like to eat each day, Eating well is as simple as choosing a wide variety of foods from each of the Four Food Groups of Canada's Food Guide. Registered dieticians divide food into these

groups because each group supplies different nutrients to the body.

- You do not have to have all Four Food Groups at every meal if you do not want to. And a 'meal' does not have to be a big production – nutritious snacks count too. The most important thing is that you enjoy the results. Include as wide a variety of tastes, colors, flavours and textures as your budget and imagination permit.
- Depending on your attitude, shopping can be a chore or a welcome outing. Being prepared when you shop will do a lot toward making it the latter. Shop when the stores are least crowded so you can take your time, get help if you need it and breeze through the checkout line. Share the shopping experience and large packages with a friend. Bring a magnifying glass if you need it, to compare brands and read labels. Shop for days when you might not want to or be able to go out.
- Having your main meal in the middle of the day gives you energy for an afternoon stroll or other activity. Combine it with a light breakfast and dinner, plus a snack.
- Buying some new kitchen items can often make meal preparation easier. For example, a lightweight plastic mixing bowl is much easier to work with than a heavier glass bowl. When family members ask what they can get for your birthday, you might suggest some new kitchen equipment. A small toaster oven will save on energy costs and can be used to toast, bake or grill – right at counter top level. A small casserole dish and loaf pan makes cooking easier for one or two people. High back kitchen stools you can sit on when preparing food will save your feet, your back and your energy. A non-stick fry pan makes frying easier and will cut down on the amount of fat you use in cooking.

Good food is one of life's great pleasures. The best reason for eating right is to feel healthy and have more energy to enjoy life. Good nutrition can add a little zest to your life!

Seniors' Services

With Christmas fast approaching, preparing for winter is paramount and hopefully with an eye to safety for our seniors living in the community. Now would be a good time to start researching the standard practices of salt and sand which could be augmented by new mobility aides for those out and about in the snow. We urge people to speak with service providers to ask about the possibilities.

Another consideration for safety is becoming involved in some of the falls prevention initiatives in your community. Falls prevention is a major consideration for health which incorporates many factors such as exercise, eating nutritiously, cleaning discarding medications no longer being used/expired, proper foot ware, regular eye examines. There are several groups, clubs, service providers, newsletters and even an upcoming conference on Falls Prevention which is being planned for the winter.

The Friends was very pleased to be able to send a staff member to the Home Support Exercise Program in Sudbury earlier this fall along with another Stay on Your Feet committee member. Together these people will be trained as facilitators. This will enable them to teach other community service providers exercises which can be used

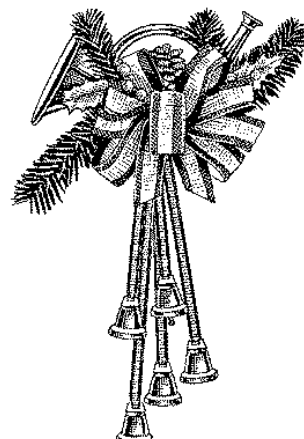
in the home with a variety of clients. *The Friends* staff who work in programs such as Outreach, Assisted Living, Supportive Housing, Homemaking etc. will be able to use these with their clients. We thank the committee for this opportunity! Our Day Program staff are trained in exercise as well and all clients are encouraged daily to partake in the seated 45 minute session which is augmented by walks and active games for those who would like to join.

****** SAVE the DATE ******

Falls Prevention Conference for Caregivers....an interactive day full of information geared toward family caregivers and paid staff. Call us for info.

Tuesday February 5
Canadore College, Parry Sound
9 a.m.- 4 p.m.
Respite available.

Happy Holidays!



GRAVENHURST BUILDING PROJECT

Dear Readers,

A few years ago *The Friends* purchased the old bowling alley at 141 Sharpe Street, Gravenhurst in order to renovate the existing building and create additional supportive housing for seniors. Unfortunately, all efforts at finding funding through either Federal or Provincial sources to complete this project have been unsuccessful; however, the Board of Directors has decided to proceed with a **scaled down version** of the project using funds *The Friends* received through a bequest.

This will mean that the existing building will be renovated to include:

- Program space for Adult Day programs for frail elderly and those suffering from age related dementia
- An outdoor patio
- Fully equipped respite units (2)
- Staff/administration space
- Two upstairs apartments

The building permit will be in our hands in early July and a Request for Proposals for contractors will be advertised this summer with work to begin in the fall.

Expected date for occupation is March, 2013.

Our budget is extremely tight and we are actively approaching Foundations to help us:

- Create an enclosed outdoor patio

space for our Seniors' programs (\$10,000)

- Equip the program kitchen (\$25,000)
- Equip each respite unit (each is a very small, self-contained apartment) \$35,000 x 2
- Equip the program area (\$20,000)

Gravenhurst has suffered from a number of devastating fires in its business core. Renovation of the bowling alley will not only provide welcome space for *The Friends* programs and services, but offer a community resource and beautify/refresh the downtown core.

As an incorporated, not-for-profit, charitable organization, *The Friends* can provide a **charitable donation receipt** to anyone interested in supporting this project.

If you would like to help us with the renovation, please contact us at 1-888-746-5102, ext. 221. Cheques can be mailed to *The Friends*, 27 Forest Street, Parry Sound, Ontario P2A 2R2

If you wish to support a particular project please indicate below:

- To support enclosed outdoor patio space for Seniors' programs
- To support equipment for program kitchen
- To support equipment of respite unit
- To support program area

Thank you for your support!

Friendly Feedback

Please fill out the following and return it to the address below

- I would like to receive a copy of the newsletter Friendly Focus
(Subscription fee of \$7.00 annually)
- I would like to receive more information about The Friends' programs
- I am interested in becoming a volunteer
- I am interested in becoming a member of *The Friends*
(\$7.00 annual fee that includes Friendly Focus subscription)
- I would like to make a contribution in the amount of \$ _____ to support the ongoing work at *The Friends*
- I would like to make a donation to the Gravenhurst Building Project

Name: _____

Mailing Address:

Telephone: _____

Email: _____

27 Forest Street
Parry Sound, ON P2A 2R2

If you would like to assist us in conserving resources by receiving your newsletter **by email**, please contact Deborah at 1-888-746-5102 ext. 221 or dtaylor@thefriends.on.ca